

WINNIPEG metro®

NEWS WORTH SHARING.

Get a grip this winter

Province rolls out loan program to make winter tires more affordable **PAGE 3**

Magnotta schizophrenic, defence claims

Murder trial begins **PAGE 4**



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Candidates take part in the mayoral infrastructure forum on Monday. An apparent shift in campaign strategy by Brian Bowman was the highlight of the night at the debate. COLIN FAST/FOR METRO

Bowman targets JWL at mayoral forum

Campaign strategy. Tone shifts as campaign enters final weeks

COLIN FAST
winnipeg@metronews.ca

It was a debate about infrastructure strategy, but an

apparent shift in campaign strategy by Brian Bowman was the highlight of the night at Monday's mayoral forum.

Bowman was noticeably more aggressive with Judy Wasylycia-Leis than at previous events — questioning her ties to the provincial NDP, her political legacy and her support for the business community — while he largely ignored right-wing opponent

Gord Steeves.

"I don't want to mortgage my kids' future, because at the end of the day, when she's done, we'll be right back where we started," Bowman said in criticizing Wasylycia-Leis's plan to borrow money for infrastructure renewal.

Later, he accused her of being too concerned about the "public workforce," at the expense of the private sec-

tor. "I'm sorry, but you're no friend of business," he told her.

For her part, Wasylycia-Leis said she was surprised by the attack. "Everybody is ganging up on me and going after me like Sam did in the last election, but I'm just going to carry on with my agenda," she said.

The rest of the debate stuck largely to the script

of the campaign so far, with candidates repeating their various pledges about infrastructure and taxes.

Steeves pushed his plans to cancel the second phase of BRT and freeze property taxes, which caused Wasylycia-Leis to quip: "Frozen taxes means frozen pipes."

Paula Havixbeck and David Sanders both stressed the need for better coordina-

tion between various levels of government on public works planning, while Robert-Falcon Ouellette and Michel Fillion committed to squeezing infrastructure money from people who work in Winnipeg but live outside the city.

All the candidates agreed on the need to tender projects earlier, extend construction hours and invest in more bike and pedestrian paths.

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FIVE THINGS YOU NEED TO KNOW TODAY

**1
CAN'T WAIT?**

Advance voting begins in several places today, including local malls and community centres. For a full list, visit winnipeg.ca.

**2
SCHOOL'S OUT**

Mary Duncan School in The Pas will be closed at least a week after a fire on the weekend caused severe damage to the back of the school. The fire is not considered suspicious.

**3
BYNES ON BAIL**

Actor Amanda Bynes was arrested early Sunday in California on suspicion of driving while under the influence of a drug, authorities said Monday. She was released on \$15,000 bail.

**4
THIS IS ... PRICEY**

A restaurant in the heart of London's swish Mayfair claims to have created the world's most expensive cocktail, in honour of singer Grace Jones, valued at more than \$14,300.

**5
BOYS KNOW BEST?**

Iceland is hosting a UN conference on women and gender equality — and only boys are invited. It will be the first time the UN will gather only male leaders to discuss gender equality.

Havixbeck vows to repurpose PSB, redevelop civic parkade

Mayoral campaign. Candidate aims to 'get going' on parkade and save millions with PSB



SHANE GIBSON
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Paula Havixbeck said Monday she'll fix up the soon-to-be former home of the Winnipeg Police Service — and keep it for other city use — and work with the private sector to redevelop the shuttered civic parkade next door if elected mayor.

Havixbeck's plan would see the city build a new parkade — with housing and possibly a grocery store — through a public-private partnership on the spot where the old parkade has sat unused for over two years due to structural concerns.

"It's an underutilized infrastructure," said Havixbeck of the parkade, which has underground access to city hall, the city administration building and the Centennial Concert Hall.

Havixbeck said the connection to the concert hall could make the new parkade viable for condo-owners in the East Exchange and Waterfront areas looking for parking.

"It's (been closed for) over two years now. I see report after report but nothing really saying what we're going to do with it," she said. "I'm saying let's get a plan and get going on it."

As for the Public Service Building, a news release from the candidate said "millions of dollars" could be saved if city staff moves into the building as leases come up for renewal.

Havixbeck said the city was told it would cost upward of \$30 million to fix up the building for continued police use, but added much of that cost would have been spent moving police to and from the building while the work was done.

She suggested the cost of fixing the building's crumbling facade, once the police have moved to their new home on Graham Avenue, to be "under the \$20-million mark."



Paula Havixbeck vowed Monday to convert the Public Safety Building into space for city staff and redevelop the civic parkade if elected mayor. SHANE GIBSON/METRO

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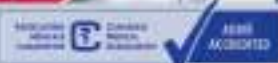
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Youth targeted

Islamic booklets aim to help parents recognize risk of radical extremists

Islamic groups across Canada have issued a booklet aimed at helping parents recognize when their kids are at risk of being radicalized.

The Islamic Special Services Association says the goal is to help get to young people before radical extremist groups.

The association says the 37-page booklet also helps youth understand that the Qur'an is being distorted by extremists.

The National Council of Canadian Muslims is helping to distribute the material.

Manitoba Justice Minister Andrew Swan says the strategy is similar to the province's effort to combat the recruitment of young people by gangs.

THE CANADIAN PRESS

Henderson Highway

Convenience store robbed

The Major Crimes Unit is investigating after an armed man robbed a Henderson Highway convenience store early Monday.

The man, who was alone, made off with an undisclosed amount of cash after robbing the business in the 1800 block of Henderson Highway around 1:15 a.m.

The suspect is white, in his twenties, about five-foot-10 with a slim build.

Anyone with information should call police at 204-986-6219 or Winnipeg CrimeStoppers at 204-786-TIPS. METRO

Radio DJ facing sexual assault, child porn charges



Chris Elwick CONTRIBUTED

A Winnipeg disc jockey who went missing last Tuesday, according to police, is now facing several sexual assault and child pornography charges.

Chris Elwick, 32, disappeared from the East Elmwood area on Sept. 23 and was reported missing by police on Friday. He was found the next day in Portage la Prairie, where police said he had been found safe.

Elwick, also known as "Shecky," is best known for his work as a local radio DJ at

Charges stem from 2009-10

Elwick is presumed innocent of all charges, which allegedly occurred in 2009 and 2010.

Energy 106 and Power 97.

He was in court on Monday facing charges of sexual assault of a person under 16, sexual interference of a person under 16 and possessing child pornography. METRO

'Inspiration'. CMHR's first paid weekend sells out

It may not be completely done, but the Canadian Museum for Human Rights says its first paid weekend was nevertheless a success.

Guided tours — offered at a discounted rate after the museum admitted less than half of its galleries are finished — sold-out, with visitors coming from as far as Chile and Korea.

"It's so exciting to welcome everyone here for a human rights journey of inspiration, inside this stunning work of iconic architecture," said CMHR president and CEO Stu-

art Murray.

"There is so much to see and learn and experience.... We heard great pride from Winnipeggers and a lot of enthusiasm from out-of-town visitors."

Between the tours and functions held at the museum, the release said more than 2,700 people flowed through the CMHR's doors over the weekend.

The museum expects galleries will be complete and open to the public by Nov. 9. METRO

Manitoba rolling out winter tire incentive

Get a grip. Low-interest loans make snow tires more affordable

Quoted

"We want Manitobans to be as safe as possible on the roads. This financing program provides another option to buy winter tires for people who otherwise may not make this road safety purchase."

Andrew Swan, Minister responsible for Manitoba Public Insurance

The province has rolled out a loan program to make winter tires more affordable to Manitoba drivers.

Administered by Manitoba Public Insurance, the program will provide low-interest loans up to \$2,000 per vehicle for up to 48 months. The initiative was originally announced in this year's provincial budget.

"We want Manitobans to be as safe as possible on the roads," said Andrew Swan, Minister responsible for MPI. "This financing program provides another option to buy winter tires for people who otherwise

may not make this road safety purchase."

While Swan stressed the enhanced safety of snow tires, the province has previously said it will not follow Quebec's lead in making them mandatory equipment.

According to CAA Manitoba, the deeper treads and softer rubber used in winter tires can reduce stopping distances by up to 40 per cent compared to all-season models.

To be eligible for a loan, applicants must be MPI customers, purchase qualifying winter tires for a registered vehicle, and not be subject to financing restrictions.

An online tool available at www.mpi.mb.ca will allow customers to confirm financing and vehicle eligibility, evaluate financing options and search for participating tire retailers enrolled in the Winter Tire Program. METRO



Manitoba will not make winter tires mandatory, says the province. THINKSTOCK

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Lawyer says Luka Magnotta isn't criminally responsible for murder

Montreal. Accused in notorious 2012 slaying of student Jun Lin suffers from schizophrenia, court hears on trial's first day

Luka Rocco Magnotta is schizophrenic and was not criminally responsible when he killed Chinese student Jun Lin in 2012, his lawyer told jurors Monday.

Magnotta has been diagnosed with borderline personality disorder and there is a history of schizophrenia in his family, Luc Leclair said on the first day of the highly publicized first-degree murder trial.

"I intend to show to you that at the time of the events, he was not criminally responsible," Leclair told the eight women and

six men who will hear the evidence.

His comments capped a stunning morning in the courtroom that began with Magnotta, 32, entering fresh not-guilty pleas to five charges, including murder.

Quebec Superior Court Justice Guy Curnoy then advised the jurors that Magnotta had admitted to committing the crimes and that their task over the next six to eight weeks would be to determine his state of mind at the time.

Leclair revisited the matter as he spoke to the jurors.

"Mr. Magnotta has admitted the physical acts for each of the offences," he told them. "The other part to each charge is the mental part — so the defence will be focusing on that."

Leclair took the unusual step of addressing the jurors before the Crown had presented the outline of its

entire case. He said he wanted to ensure the jury didn't think it was simply "wasting its time."

The lawyer said a large number of medical files will be presented and he hopes that Magnotta's relatives will testify as well.

Crown prosecutor Louis Bouthillier told jurors he expects to show them the crimes were premeditated.

"The two words you should have in mind while listening to the evidence are 'planned' and 'deliberate,'" he said.

Magnotta was impassive as Bouthillier said the testimony of a journalist from England will indicate Lin's murder had been in the works for six months.

He said the reporter and his media organization received an email in December 2011 that shows Magnotta was intending to kill a human and film the event.



Diran Lin, father of victim Jun Lin, walks to the courtroom for the murder trial of Luka Rocco Magnotta in Montreal on Monday. Magnotta is charged with the death and dismemberment of student Jun Lin, but his lawyer said Monday that his client is schizophrenic and not criminally responsible. RYAN REMIOWZ / THE CANADIAN PRESS

"This email makes it clear that Mr. Magnotta was planning to kill a human being and that he was going to

make a movie," Bouthillier told the jurors.

He also said they will see Lin's last moments alive, im-

ages that were captured by a surveillance video at a Montreal apartment.

THE CANADIAN PRESS

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'In poor taste'

Sun Media offers on-air apology for Trudeau rant

Sun Media apologized on Monday for an on-air rant by Ezra Levant about Liberal leader Justin Trudeau.

The apology came at the beginning of Levant's Sun News Network show.

"It is the view of Sun News that this segment was in poor taste and should not have been aired," a narrator intoned, adding: "We apologize to Mr. Trudeau, his family and to our viewers."

THE CANADIAN PRESS

Alberta

Man faces charges after son fires rifle left on vehicle seat

A man from northwestern Alberta is facing weapons-related charges after a six-year-old child fired a rifle that was left in a vehicle.

Police say the rifle was left on the passenger seat and the eldest child fired it out the driver's-side door. No one was hurt.

A 37-year-old man faces five charges.

THE CANADIAN PRESS



A building in Rouleau, Sask., made famous by the hit TV series Corner Gas burned to the ground Sunday night. JOAN CLARKE / THE CANADIAN PRESS

Fire at the Foo Mart. Building made famous in Corner Gas burns down

A building made famous by the hit television series Corner Gas, about small-town Saskatchewan life, burned to the ground on Sunday night.

Grant Clarke, mayor of the small town of Rouleau, Sask., where the former CTV comedy was filmed, said hundreds of people watched as flames engulfed the building.

The structure was used as the local supermarket Foo Mart in the show that featured the fictional town of Dog River. It had become home to a business manufacturing orthopedics.

Clarke said the fire was reported around 5 p.m. as 180 people attended an anniversary party at the nearby town hall.

"Someone came in and said there's smoke coming out of the adjoining business," said Clarke.

The fire had grown quickly by the time emergency crews arrived.

"By that time, there was too much smoke and heat. Really they weren't able to get into the building."

Police said no one was hurt and no other buildings were damaged.

THE CANADIAN PRESS

Hong Kong police soften tactics against pro-democracy protests

87 rounds of tear gas. Forceful attempts to disperse demonstrators Sunday drew tens of thousands more into the streets

Hong Kong's embattled police defended their use of tear gas but softened their tactics Monday after forceful attempts to quell pro-democracy protests drew tens of thousands more people into the streets in an unprecedented show of civil disobedience.

"The students are protecting the right to vote, for Hong Kong's future. We are not scared, we are not frightened, we just fight for it," said Carol Chan, a 55-year-old civil service worker who said she took two days off to join the protests after becoming an-

gered over police use of tear gas Sunday.

Instead of candlelight, a few hundred people staged a brief "mobile light" vigil Monday night, waving their glowing cellphones as the protests stretched into their fourth day. Crowds chanted calls for the city's unpopular leader, Chief Executive Leung Chun-ying, to resign, and sang anthems calling for freedom.

Students and activists have been camped out since late Friday, demanding that Beijing grant genuine democratic reforms to the former British colony.

Signalling it doesn't expect a quick end to the demonstrations, the government said it was cancelling a fireworks display planned for Wednesday's celebration of National Day. During that holiday and a traditional holiday on Thursday, still larger crowds could flood the streets.



Student protesters connect electric extension cords to charge their phones during a sit-in protest in Hong Kong, Monday. WALLY SANTANA/THE ASSOCIATED PRESS

Police said they used 87 rounds of tear gas Sunday in what they called a necessary

but restrained response to protesters pushing through cordons and barricades. They said

41 people were injured, including 12 police officers.

THE ASSOCIATED PRESS

Political dilemma

Beijing can't crack down too harshly

Pro-democracy protests in Hong Kong have handed China's Communist leadership a thorny political dilemma. Beijing cannot crack down too harshly on the semi-autonomous territory where a freewheeling media ensures global visibility, but it is determined to end the demonstrations quickly so as not to embolden dissidents, separatists and anti-government protesters elsewhere in China. It has blocked most news and images of the protests from being published on the mainland.

Bullet holes. Artists take aim at U.S. gun violence in New Orleans exhibit

The wall of a downtown New Orleans art gallery has been riddled with bullet holes.

It's not another act of brazen gun violence but rather a thought-provoking work of art. In each hole is a bullet casing, its back painted with the tiny portrait of a child under the age of 6 killed in New Orleans gunfire.

The persistence of urban gun violence has inspired more than 30 artists from across the country to contribute to the exhibit, Guns in the Hands of Artists.

The artists took the stocks, barrels, cylinders and other parts of dismantled guns slated to be destroyed through a city

buyback program and transformed them into art.

The exhibit is opening Oct. 4 at the Jonathan Ferrara Gallery in New Orleans, for decades one of America's deadliest cities.

Although murder rates are down from recent years, shootings persist.

A pizza delivery driver was recently shot to death during a delivery. Over the summer, a drive-by shooting left two people dead and several others injured, including a woman and her two young children. Another shooting killed a woman on the city's famous Bourbon Street.

THE ASSOCIATED PRESS



This Tuesday photo shows a detail of the artwork Marigny Warning, by John Barnes, at Dillard University in New Orleans. GERALD HERBERT/THE ASSOCIATED PRESS

Japan

More bodies found at volcano

Toxic gases and ash from still-erupting Mount Ontake forced Japanese rescue workers to call off the search for more victims Monday as dozens of relatives awaited news of their family members. Rescuers found five more bodies near the summit of the volcano, bringing the death toll to 36. THE ASSOCIATED PRESS

N.Y.C.

Anti-Islamic ads pulled from transit system

A group running a series of anti-Islamic ads in New York City's transit system is pulling an ad that shows James Foley with the masked militant who killed him. They are being yanked after criticism from the American journalist's family. The ads are bankrolled by a group led by blogger Pamela Geller. Geller's attorney, David Yerushalmi, says the Foley family was notified that the ads were being pulled.

THE ASSOCIATED PRESS

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Fewer jobs, no kids. Low birth rates associated with recession, study finds

During recessions women have fewer babies according to new research. A new study suggests that some women living in the U.S. through an economic downturn are less likely to have kids.

Past studies have generally shown women cut back on having babies when unemployment rises. In tough times many couples feel they can't afford to start or add to a family, therefore births decline.

Researchers used birth records and census data to track the reproductive histories up

Recessions and wombs

The report says 151,000 women who were in their 20s during the 2008 recession will forgo having children.

- **Lasting impact.** Report says this means about 427,000 fewer births.

to age 40 for every woman born in the U.S. from 1961 to 1970. That's about 18 million people. **THE ASSOCIATED PRESS**

Not a Jane Austen fan

U.K. man gets 18 weeks' jail time

A 33-year-old man was sentenced to 18 weeks in prison for sending menacing messages to a lawmaker who supported a campaign to put Jane Austen on a banknote.

District Judge Elizabeth

Roscoe found Peter Nunn of Bristol guilty of sending indecent, obscene or menacing messages and for tweeting Twitter posts that threatened rape and murder.

The case grew out of the successful Austen campaign, which prompted abuse on Twitter from trolls — online bullies who send abusive messages. **THE ASSOCIATED PRESS**

Long-acting birth control better for teens: Doctors



A model holds the Nexplanon birth control hormonal implant. Sexually active teen girls are encouraged to use IUDs or hormonal implants, birth control methods the American Academy of Pediatrics says are more effective than simply using birth control pills or condoms. MERCK, FILE/THE ASSOCIATED PRESS

Superior success rate. IUDs and hormonal implants are near 100 per cent effective, U.S. pediatrics group says

Teen girls who have sex should use Intrauterine devices (IUDs) or hormonal implants — long-acting birth control methods that are effective, safe and easy to use, a leading American pediatricians group said.

IUDs are small, T-shaped devices containing hormones or copper that are inserted into the womb to prevent pregnancy. Hormone-based implants are matchstick-size plastic rods that go under the skin of the upper arm.

In an updated policy, the American Academy of Pediatrics says condoms should be used every time teens have sex to provide protection against sexually transmitted

diseases that other forms of birth control don't provide. While condoms are the most common birth control choice among teens, they are among the least effective methods.

The pediatrics group said both IUDs and hormonal implants have lower failure rates — nearly 100 per cent effective — than birth control pills, patches and injections.

While more expensive initially, the medical procedure saves people money in the long-run compared to over-the-counter birth control options that must be consistently used, said Dr. Mary Ott, a pediatrics professor at Indiana University.

IUDs last between three to 10 years, while hormonal implants last three years.

"All methods of hormonal birth control are safer than pregnancy," Ott said.

The revised policy also addresses how excess body weight impacts the effectiveness of birth control.

THE ASSOCIATED PRESS

Mentoring him could be the start of something big
- like a rise in

literacy



start something with a
donation of time or money at
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A bailout, with strings attached

The Trump Taj Mahal Hotel and Casino in Atlantic City, N.J., is pictured in 2007. Opened in 1990, the hotel includes 1,250 guest rooms. Gambling has been legal in Atlantic City, one of the few such cities in the United States, since the first casino opened in 1978. Billionaire Carl Icahn is considering spending \$100 million US to save the Trump Taj Mahal casino from closing. But the offer comes with considerable strings attached: Icahn is willing to consider the bailout "if and only if" he gets big givebacks from the casino workers' union, steep tax breaks from Atlantic City and county, and \$25 million in funds from a New Jersey agency.

SAUL LOEB/AFP/GETTY IMAGES



Giving the Big 3 a run for their money

Competition Bureau.

A fourth national wireless carrier would mean lower prices, says senior economist

Introducing a new national wireless carrier in Canada would result in lower consumer prices, but regulators need to do more than simply cap wholesale roaming rates to make that happen, the competition watchdog has told the country's telecom regulator.

The Competition Bureau called for new wireless regulations as the Canadian Radio-television and Telecommunications Commission launched into yet another delicate juggling act aimed at ensuring that both consumers and industry players benefit from a healthy wireless marketplace.

In a second of three major hearings being held this fall, the CRTC began public discussions Monday over the health of what is considered the backbone of Canada's retail mobile services sector: the wholesale wireless market.

The bureau told the regulator it must act to prevent the big three wireless carriers — Bell, Rogers and Telus — from stifling any new competition.

"An additional nationwide carrier would increase choice, expand mobile wire-

Hold the phone

As the hearings got underway, at least one think-tank questioned whether the CRTC should do anything at all to affect the wholesale roaming market.

- Despite the impression of some Canadians that they pay among the highest cellphone rates, consumers in many other countries pay more, said the Montreal Economic Institute.
- "Prices in Canada are lower than in the United States, Japan, and Australia," the institute said in a statement.

'Tis the season to shop?

Macy's is boosting staffing for holiday shopping season

Macy's plans to hire about 86,000 seasonal holiday workers across America to bolster its stores, call centres and distribution hubs, a 3.6 per cent increase from last year.

The department store chain, which also operates Bloomingdale's, said Monday that the growth is being fuelled by its expanding online business.

THE ASSOCIATED PRESS

Holt Renfrew

The store for ladies who lunch opens a menswear shop

Holt Renfrew is preparing to open its first store devoted to menswear.

The Canadian luxury specialty retailer is launching Holt Renfrew Men, in downtown Toronto on Wednesday.

The two-level location is just steps away from the retailer's flagship Bloor Street store, and is part of its growth plan to expand its store network by 40 per cent.

Holt Renfrew president Mark Derbyshire says the move to open a men's store is part of the retailer's efforts to "redefine luxury."

THE CANADIAN PRESS

Banks. U.S. government tried to regulate banking fees, so banks got creative

The penalty for using an ATM that is not affiliated with your bank went up five per cent over the past year in the U.S.

The average fee for using an out-of-network ATM climbed to a new high of \$4.35 US per transaction, according to a survey released Monday by Bankrate.com.

Overdraft fees also surged, rising on average over the past 12 months to \$32.74. That's the 16th consecutive record high, the firm said.

Chequing account fees have been increasing as lenders adjust to federal banking laws and regulations enacted after the 2008 financial crisis. Among the changes: limits on when banks can

charge overdraft fees on ATM and debit card transactions and a reduction in the fees that banks charge merchants for each customer who uses credit or debit cards for their purchases.

Lenders have responded by hiking overdraft and ATM fees, as well as increasing how much money customers must maintain in the bank to avoid chequing account fees.

"I expect fees to continue increasing in years to come, but at a modest pace consistent with what we saw this year, just as was the case prior to the onset of these regulations," said the chief financial analyst at Bankrate.com.

THE ASSOCIATED PRESS



New regulations in the wake of the Great Recession have led banks to getting creative to extract fees from customers in the U.S. BARBARA LABORDE/AFP/GETTY IMAGES

Market Minute



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ELLO, IS IT ME YOU'RE LOOKING FOR?

Facebook celebrated its 10th anniversary back in February, which means many of us early adopters have spent over a decade with the now-ubiquitous social network. There have been plenty of growing pains along the way of course; in recent years, the loudest complaints from users have been concerns over privacy and the saturation of advertising.

Enter Ello, a new site hyping itself as the simple, beautiful and ad-free alternative to the world's largest social networking platform. Currently still in its invite-only stage, more than 35,000 people an hour are requesting to join the beta-phase bandwagon. Ello's uncluttered Tumblr-esque design features plenty of whitespace and is noticeably free of promoted posts and sponsored content.

The site doesn't have an "about" page; it has a rather dramatic anti-establishment manifesto intended to lure users away from Facebook by pointing out FB's pitfalls. "Every post you share, every



SHE SAYS
Jessica Napier
metronews.ca

friend you make and every link you follow is tracked, recorded and converted into data," it reads. "You are the product that's being bought and sold."

But isn't that always true, to a certain extent?

We rent out our eyeballs to advertisers every time we open a magazine, turn on the television or go to the movies. There's no such thing as a free lunch; someone is always going to try and sell you something, whether it's a product, a service, or an ideology.

Anyone who spends hours a day on a free website should forfeit any naive notions about privacy. It's your choice if you want to give up personal data in exchange for access to an open platform that al-

lows you to connect with friends and family across the world, share and store images and send out party invitations with ease.

My own Facebook newsfeed is full of promotional content

hawking wedding rings and weight-loss supplements. You can tell what sort of top-secret personal information advertisers are gleaming from my account: oh, a woman in her 20s — she must be desperate to be married and thin!

I'm more inclined to laugh and roll my eyes than feel like my privacy has been violated. Like any good millennial Internet user, I've simply trained myself to gloss over the ads and recognize promoted content over the legitimate updates.

Ello promises that it will never collect or sell your data to third-party advertisers. The site plans to generate revenue through other methods such as charging users a fee to personalize their profile page or download value-added features. I guess time will tell if this strategy actually pays off. I suspect most of us won't be willing to pay for services we're used to getting for free.

Despite its radical proclamations of transparency and social revolution, Ello just seems like another online destination to add to our growing list of passwords to remember and profile photos to stress over.

Burn your demons



Indian workers prepare to transport effigies of mythical demon king Ravana as part of Dussehra festivities in Mumbai, India, Monday. The effigies will be burned at the end of the 10-day long festival symbolizing the victory of good over evil. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Good triumphs over evil at Dussehra festival

Dussehra, considered one of the most important Hindu festivals, is celebrated across Nepal, India and Bangladesh in various incarnations.

The festival celebrates Lord Rama's victory over the 10-headed demon king, Ravana. The day also marks the

Goddess Durga's triumph over demons.

This year's festival kicks off Tuesday. It is usually celebrated in September or October on the 10th day of the month of Ashwin, according to the Hindu lunisolar calendar, with nine days of celebrations leading up to it. This corresponds to the Indian harvest season.

To ensure the renewed productivity of the soil, the Mother Goddess is said to be invoked.

Many people of the Hindu faith observe the celebrations through social gatherings and food offerings at home and in temples throughout India and Nepal. Parades are also held and effigies of Ravana are burned at bonfires. **METRO**

Etymology

- **Dasha (sun)**
Hara (defeat)

The name Dussehra is derived from Sanskrit. It can be translated as "remover of bad fate."

MetroTube



Meoww woww



ANDREW FIFIELD
andrew.fifield@metronews.ca

It's not for us to tell you how you should go about enjoying a video of adorable kittens in tiny cowls performing stunts and plotting violence. But we would be remiss to not point out how the details — the guards doing nothing at all, dramatic leaps into haystacks — point to a genuine affection for the Assassin's Creed series. If you're into this, there's a whole lot more where it came from at youtube/mrtvcow.



SCREENGRAB

Twitter

@metropicks asked: Girl meets girl. Girl falls in love and proposes at Brooklyn Bridge but loses ring, dropping it forty feet. Girls crestfallen. NYC cops find ring. Girls thrilled. What's your best lost and found story?

@SudioC: My dad lost wedding ring raking leaves. It was found the following June, on wedding anniversary, after he died.

Join the conversation @metropicks.



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 9 in Scene and page 18 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



DVD review



Transformers: Age of Extinction

Director. Michael Bay

Stars. Mark Wahlberg

Transformers: Age of Extinction, the regrettable fourth emission from Michael Bay's robot alien movie franchise, is long, loud and really stupid.

With a whole new cast of humans plus some additional robots, featuring Mark Wahlberg as lead gawker replacing the skeddaddled Shia LaBeouf, director Bay has essentially rebooted his own series.

But with a bloated running time of 165 minutes, neither he nor screenwriting accomplice Ehren Kruger seems to understand or care where this noise goes anymore.

This is a property known for huge explosions and clanking machinery, and if that's what you want, Age of Extinction has plenty. As for intelligence, wit and genuine thrills, not so much.

Surrounding these ear-bashing bots are a gaggle of dumbfounded and/or malevolent humans and, frankly, everyone here is as boring as a tax seminar.

As a character says all too knowingly, something Bay should take to heart: "Tank's empty, bro."

PETER HOWELL

Lykke Li is Sleeping Alone and OK with it

I Never Learn. Swedish singer talks songwriting and growing up

KASIA PILAT
Metro in Boston

The day before she kicks off a three-month tour, Lykke Li is in Seattle, about to rehearse for her performance at the Moore Theatre the following night. Any musician would certainly feel some pressure facing such an intimidating tour schedule: 26 cities in 47 days, down both coasts of the States with a night in Canada and one in Mexico before eight nights in Germany, France and the U.K. But if Li feels it, she sure isn't letting it show.

"When I write, I just write whatever I'm feeling and I try to not censor myself, as I know that the truth is the most powerful," the 28-year-old Swedish chanteuse tells us of the songwriting habits that led to her three full-length albums: 2008's compelling breakout debut Youth Novels, 2011's Wounded Rhymes and I Never Learn, released earlier this year.

The albums were all met with across-the-board critical and popular acclaim, but it would be unfair to reduce Li's success to her having figured out some sort of tried-and-tested formula — the perfect combination of salty and sweet, a balance between defiance and compliance that defines her signature sound, like the dancery I'm Good, I'm Gone, off her debut album. In the end, at the



Scan this photo with your Metro News app to watch the video for Gunshot, the second single from Lykke Li's album I Never Learn.
GETTY IMAGES FILE

core of Li's music there is pure, unrestrained honesty.

I Never Learn completes a truth-telling trio of albums, the last of three Li was contracted to make when she signed her record deal with LL Recordings.

"I made a choice early on,

on my first record, to write very biographically about the pains and hardships and being a young woman, and I think that this time between 21 and 27 are really kind of what defines you, what's going to define who you become, so I real-

Mmmm

Music, movies, modelling and... mezcal?

- In addition to a contract with VIVA Model Management agency, an acting gig in the Swedish crime film Tommy and an appearance on U2's The Troubles, Li plans to start a mezcal company. But her music is never far from her mind.
- "I always want to grow as a songwriter. So whenever I'm done with a tour, I'm going to write songs about my feelings."

ized I already started making a trilogy subconsciously and then I ended it with I Never Learn," she says.

In I Never Learn, Li airs out a range of sentiments that, in the hands of a less talented songwriter, could quickly have devolved into self-absorbed indulgence.

But hurt, shame, sadness, guilt and longing are her songs' specialties, and the album wraps up neatly with the closing track, Sleeping Alone, where Li seems to give in to her gut feelings once and for all. "Love was my shoreline / I stare myself blind / Now was not out time / No I let you down" is a long way from the Youth Novels of six years ago.

"That's what naturally happens to you as a woman, you are someone at 21 and you're someone else at 28, hopefully," says Li. "And hopefully you've lived and learned and crashed and burned."

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Lindsay Lohan ALL PHOTOS GETTY IMAGES

Relatively speaking: Lohan's got a go-to answer for cranky critics

Lindsay Lohan is countering critics of her West End debut, *Speed-the-Plow*, with a point that's really, really hard to refute: It could've been so much worse. While some have focused on flubbed lines and uninvited audience laughter during her first week of previews, "It could've been a disaster — but it wasn't by far," Lohan tells the *Daily Mirror*. "I could've not shown

up. But of course I did, it's my show. I'm doing the best I can and will for the duration." If you say so! The best part? It's a rhetorical device you can employ in your own life. The next time your boss is disappointed in your performance, simply offer back that at least you didn't release rabid land-sharks into the office. Manage expectations, people. Manage expectations.

Brad's philosophy of blah: According to actor, life is the Pitts, until it isn't

It's coming up on Oscar season, and Brad Pitt has a big Second World War drama, *Fury*, coming out that he hopes folks will see. So naturally that means it's time to talk to GQ about his personal life. Like his recent marriage to Angelina Jolie. "I wouldn't say (marriage is) just a title.

There's more to it than that," he tells the magazine. Yes, but is he happy? "I've always believed happiness is over-rated, you know?" he says. "It's those difficult times that inform the next wonderful time, and it's a series of trade-offs, of events, of wins and losses." OK...



Brad Pitt

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

London calling: Pattinson says Cali's starting to lose its cool

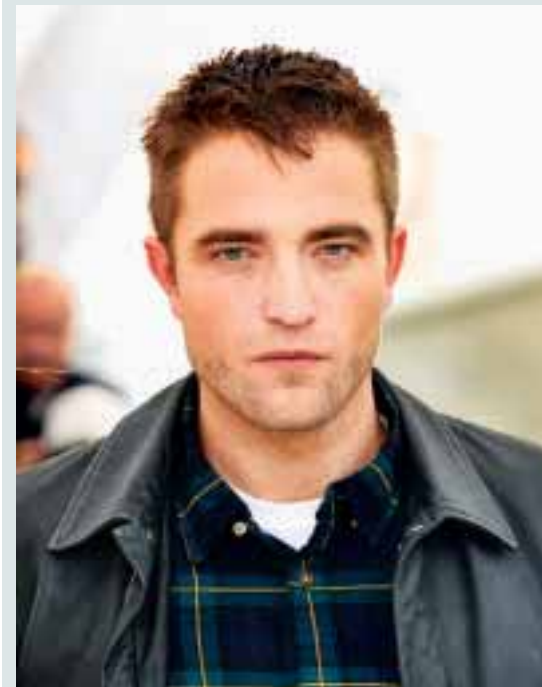
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Metro in Hollywood

Great job, Los Angeles. You went and scared off another one. *Twilight* star Robert Pattinson is apparently checking prices on last-minute flights to London.

"I think I might be done with Los Angeles. I've just realized that in the past few

weeks," Pattinson tells *The Independent's Radar* magazine — though he might just be trying to butter up a British outlet. "I think I need to spend more time in London, or just move around a bit more. I've been in L.A. for six or seven years or something, and it's weird. The more you stay there, especially as an actor, the more you think you need to be there, that you'll be missing out on something by leaving, but you are not, really."

L.A., stop scaring off all the sensitive British boys, or the U.K. will start sending back the celebrities it agreed to take off our hands.



Pirates to set sail on screen for fifth time



Johnny Depp

It's really happening, mateys. The fifth film in the *Pirates of the Caribbean* franchise is getting under way Down Under, with pre-production starting this week on Australia's Gold Coast, according to the *Daily Mail* Australia. Actual filming, though, won't get underway until February 2015, when Johnny Depp is confirmed to arrive to reprise his role as Capt. Jack Sparrow. Orlando Bloom is also said to be in discussions to return to the franchise. Pay no attention to the fact that, much like the fourth film that shot in Hawaii, this one is being made nowhere near the actual Caribbean.

Ziggy Marley
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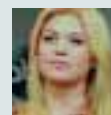
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Twitter



@kelly_clarkson

Having a hard time falling asleep. Can't stop watching my baby girl sleep. I'm addicted to her.



@katyperry

Does anyone else adopt the mood of the movie they see when they leave the theater... For like a solid two hours?!



@pattonoswalt

Red Bull gives you wings, but coffee gives you vengeance.

Embrace the changing season

Our bodies respond to the fluctuations in the seasons, so we have to make alterations to our routine, diet and supplement regime. The Canadian Health Food Association (CHFA) has tips to help you prepare for the shorter, colder days ahead.

NEWS CANADA

Eat in season

With the arrival of autumn, it's always a good idea to change up your diet, adding the delicious foods that the season offers. Fresh pumpkins, yams, squash, sweet potatoes, turnips, apples, pears and figs are all rich in fibre, vitamins and minerals. Pumpkins, squash and root vegetables are abundant in vitamin A and carotenoids, which give them their rich orange colour. Vitamin A and carotenoids are powerful anti-oxidants that can help prevent premature aging and a number of serious illnesses. Make sure to consult The Dirty Dozen and the Clean 15 online to know which fruits and vegetables are the most and least contaminated by pesticides.



Detox and supplement in season

We think of spring as the perfect season for cleansing and spring cleaning, but it's just as important in the fall.

A fall detox cleanse will help to stave off seasonal colds, keep your immune system healthy, and prepare you for the colder months ahead.

Visit your local health food retailer, where you can find a number of detox solutions, including teas and supplements, as well as several fall detoxifying foods, such as organic apples and beets.

With the changing season, now is also the perfect time to boost your immune system. As we start spending more time indoors, cold and flu bugs spread with more ease. Garlic pills, probiotics, vitamins B, C and D, E3 and Zinc are all powerful supplements that will help boost your immune system and help you fight off the nasty bugs that spread in autumn and winter.



Boost your mood this season

As many as 20 per cent of Canadians are affected by seasonal affective disorder (SAD); commonly known as the winter blues. This is a physiological mood disorder that causes depressive symptoms during fall and winter, impacting people that have normal mental health throughout the rest of the year. To cope with the blues, make sure you are getting enough vitamin D, which is known to boost mood. In fall and winter, we can't produce this vitamin because of the lack of exposure to UV rays from the sun. It's a good idea to talk to your healthcare practitioner about the benefits of taking a vitamin D supplement.



Embrace the season

In between the rainy and windy days of autumn, the sun peeks through just as often. Fall days are made more beautiful with changing leaves and the warm sun. Autumn is filled with beauty. Embrace it and enjoy it before the long cold weather takes over. Take part in fall activities with your family, such as apple picking or local fall fairs.

YOU CAN LOCATE YOUR NEAREST NATURAL HEALTH FOOD STORE, WHERE YOU CAN FIND FRESH SEASONAL FOODS AND LEARN MORE ABOUT BENEFICIAL NATURAL HEALTH PRODUCTS FOR THE FALL ONLINE AT CHFA.CA.



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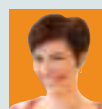
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CRISIS ALERT: Donate online at together.ca or call 1-800-464-9154

For dinner this week, try chicken with a whisper of sweet nothings

Health Solutions

If it looks and tastes like sugar, it could be Xylitol



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With the World Health Organization recommending a reduction in sugar to a daily maximum of six teaspoons, you want to find every way possible to cut it out. And many will max out before they even finish their coffee quota.

As far as artificial sweeteners go, some may contribute to blood-sugar levels. Other common complaints are how some leave a bitter taste and can't easily be used in baking. Hmm.

Have you heard about Xylitol? It's derived from the sugar molecule, but only has one portion of the entire composition.

The net result is that it's lower on the

glycemic index, which makes it safe for diabetics. It also has 33 per cent less calories than sugar.

Canada-born Xyla (xylitol's consumer-friendly name) is derived from hardwood and "is an easy and all-natural way to indulge in your favourite sweets without all the calories and blood sugar spikes," says Julie Reid of Xylitol Canada Inc.

"Xyla looks like sugar, tastes like sugar and bakes like sugar and can be swapped 1:1 in any recipe."

But unlike sugar, there are actual benefits to its consumption.

It blew me away to discover that Xyla protects tooth enamel by changing the pH of saliva. It has also been shown to prevent ear infections in children.

Xyla is used in products like sugar-free ketchup, toothpaste and mouthwash. Sounds like a good swap to make just before the Halloween Sugar Cavity Monster comes knocking.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe serves four. THERESA ALBERT

Sugar-Free Sweet Garlic Chicken. Classic Asian-inspired flavours make this dish an ideal weeknight option

THERESA ALBERT

myfriendinfood.com

This recipe uses Xyla, a low glycemic, all-natural sugar substitute that tastes and bakes just like sugar —

without the calories, cavities or blood sugar spikes.

It is a quick and simple one-pot meal that starts on the stovetop and results in a sticky, sweet Asian flavoured meal.

1. Preheat oven to 425 F.

2. Preheat a cast iron skillet and rub with oil. Brown the chicken drumsticks over high heat and remove, set aside. Wipe any fat from pan and add the sliced mushrooms to brown. Stir in peppers.

3. For the sauce, mix together Xyla, ginger powder, soy sauce, sesame oil and water.

4. Add chicken back to pan and pour sauce over. Turn chicken in mushroom-sauce mixture and place into oven to bake

for 15-20 minutes until cooked through. Serve with steamed rice.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 tsp grapeseed oil
- 2 lbs chicken drumsticks
- 1 lb sliced mushrooms
- 2 red bell peppers, chopped
- 1/8 cup Xyla
- 1 tsp dry ginger powder
- 1/8 cup low sodium soy sauce
- 2-3 drops sesame oil
- 1/4 cup water



This recipe serves six. BLUE DIAMOND GROWERS

How totally cheesy of you

This easy, cheesy veggie dish will satisfy even picky eaters. Try Gruyère, Emmenthal or Swiss cheese, depending on your family's preference.

1. Melt butter in a small saucepan over medium heat. Add flour; cook and stir for 1 minute. Whisk in almond beverage until smooth then add

Dijon, onion powder and herbs. Cook over low heat for 5 minutes to thicken slightly.

2. Add cheese, a little at a time,

cooking for 2 to 3 minutes or until cheese is melted, stirring frequently. Season with garlic salt and pepper and set aside and keep warm.

Ingredients

- 1 tbsp (15 ml) butter
- 1 tbsp (15 ml) flour
- 3/4 cup (175 ml) Almond Breeze® Original
- 1 tsp (5 ml) Dijon mustard
- 1 tsp (5 ml) onion powder
- 1/4 tsp (1 ml) herbs de Provence
- 1 cup (250 ml) shredded Swiss Light cheese
- Garlic salt and pepper, to taste
- 6 cups (1.5 l) bite-size chunks fresh vegetables (such as bell peppers,

broccoli, cauliflower, squash, carrots and torn fresh kale)
• 12 Blue Diamond® Almond Cheddar Nut Thins crackers, crushed

3. Place vegetables in a medium glass bowl and add 1/2-inch water. Cover and microwave on High for 6 minutes or until crisp-tender. Drain well and transfer to a serving bowl. Pour warm cheese sauce over top and sprinkle with crushed crackers. Serve immediately.

BLUE DIAMOND GROWERS

A1 Nutrition celebrating 10 years with health expo

A1 Nutrition is celebrating their 10th anniversary this Saturday, Oct. 4. There will be free gift bags and huge in-store promotions for the one-day event.

There will also be a health-expo with various health product experts on site from 10 a.m. - 6 p.m. to answer any questions you have. This includes the highly regarded Dr. Cass Ingram who will be on-site discussing health topics like the immune system and how a herb like oregano and other natural remedies can help you.

A1 Nutrition is a family-owned, community-based, health-food store conveniently located at 350-1120 Grant Ave. across the mall from McNally Robinson.

The owners and staff are truly passionate and pride themselves on assisting clients live the healthiest lives possible through their in-depth knowledge on all of their healthy, natural products and alternatives.



CONTRIBUTED

A1 Nutrition at Grant Park Shopping Centre has been owned and operated by Felly Grieve since October 2004. In May of this year, Felly was nominated and selected as a finalist for the Manitoba women entrepreneur of the year award which celebrates excellence in achievement.

A1 Nutrition has also been recognized by the Consumer Choice Awards for six consecutive years for excellent customer service.

Staff at the Grant Park location will be celebrating this Saturday. Alternatively, they can be reached at 204-475-7522.

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Zelcer Denture Clinics have always taken great pride in providing the public with the highest-quality materials imported from around the world, made available at very affordable prices," says Zelcer.

Zelcer explains that some practitioners will offer several different prices for their dentures, but he believes there should not be such a wide range of costs because materials and products used to manufacture dentures cannot justify charging an inflated price. A well-fitting, natural-looking product is the result of the practitioner who made them.

Zelcer Denture Clinics provide exceptional services and products that include complete



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dentures, dentures over implant, partial dentures, relines, and repairs.

Zelcer offers free consultations and same-day dentures with an appointment. At Zelcer, achieving a healthier, happier and more rewarding lifestyle is just a visit away.

At Zelcer Denture Clinics their goal is to achieve a state of positive oral health and contribute positively to their clients' physical, mental, and social well-being. Visit Zelcer and his staff at either of their locations: 1570 Main St., Winnipeg (204-586-3725) or 315 Main St., Selkirk (204-482-4235) or visit zelcerdentures.com for details.

A-1 Nutrition invites you to its 10th Anniversary and Grand Re-opening Saturday, October 4, 2014, 10:00 a.m. to 6:00 p.m.

Health & Wellness EXPO

- Meet your health experts*
- Product sampling for every guest
- Win! Raffle draws for 10 gift baskets
- First 200 customers will receive exciting gift bags with purchase
- Health & wellness seminars on various health topics, weight loss, immune system and anti-aging, 10am - 6pm, limited seating
- Well-known health specialist, Dr. Cass Ingram will be available for consultation (first-come, first-served basis)
- From 4pm - 6pm, join us for our 10th anniversary cake and hors d'oeuvres

*Health product specialists & representatives from different product brands will be available for one-on-one consultation



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BACK, l-r: Janice Palmer, Certified Health Instructor and Trainer; Briana Henry in Nutritional Sciences, University of Manitoba
2nd Row, l-r: Rose Bigornia, B.S.E., A.N.C. Manager, Certified Natural Product Advisor, Applied Nutrition Specialist; Felly Grieve, B. Comm., LPN, Proprietor, Certified Natural Product Advisor; Marla Cherry Smarista, B.S. Medical Technology and Tess McDonald, Sales Associate (front)

For the sixth consecutive year, A1 Nutrition is the 2014 Consumer Choice Award winner in the Supplements Nutrition Retailer category
Visit us at www.a1nutritiongrant.ca

*The CONSUMER CHOICE AWARD™ is considered the seal of excellence. For recipients, the award not only constitutes the crowning achievement of their efforts, but more importantly, it also represents the most valuable reward of all, the knowledge that they have earned the trust and loyalty of consumers.

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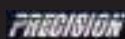
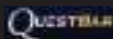
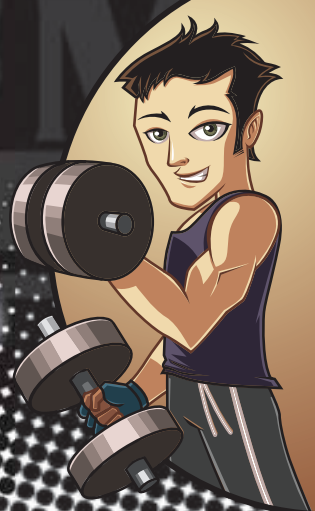
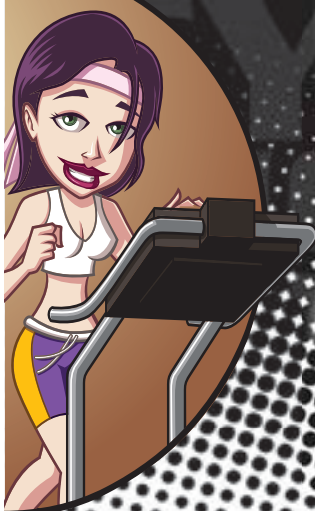
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any other offer.

Muscles by Meyers has expanded on the web

Located in the heart of Winnipeg, Muscles by Meyers is one of Canada's longest serving sports supplement retailers. Operating within Meyers Drugs Ltd., a pharmacy and natural food store, Muscles by Meyers has offered numerous competitively-priced nutritional supplements to Manitobans for more than four decades. "We began as a locally-owned Winnipeg-based pharmacy, but in 1974 the current owner, Lyall Meyers, used his connections in the medical and food supply industries to assist athletes in acquiring in-demand products that were not available in retail stores, such as protein powders and amino acids. Thus began supplement sales and Muscles by Meyers," says a staff member.

Recently, their business has expanded to reach a global market via shipping worldwide through their online store at musclesbymeysers.com. "We process at least one online order a day, sometimes up to five. We're industry compliant, and we pride ourselves on good practices and product knowledge."

The staff is passionate about living a healthy lifestyle, as well as sharing that information, experience, and knowledge with others.

"When helping customers, we don't just indiscriminately sell them something. We ask questions about their lifestyle, their goals, and based on their responses, make recommendations on what would work best for them. Customers often say the best part about their experience is the welcoming atmosphere, unbiased product knowledge and a sense that they aren't just viewed as a customer, but as a friend."

Although growing rapidly, Muscles by Meyers takes time to give back to Manitoba's athletic community by sponsoring athletes of all disciplines as well as through local sports and fitness events. Being involved with everything from bodybuilding to Cross-Fit, to MMA and boxing, their teams continue to carry out a legacy that will be remembered in the industry for decades to come.

Visit musclesbymeysers.com or call 204-943-1466.

QUALIFIED STAFF MEMBERS

The staff at Muscles by Meyers has a great deal of knowledge and experience working in the nutrition industry. All of the staff members are competitive bodybuilders, and one has a degree in nutritional sciences from the University of Manitoba.

Main St. Dental Centre expands to accommodate growing numbers

Thanks to experience, superior service, and an approach that focuses on working with everyone to ensure quality dental care, the facility formerly known as the Four Rivers Dental Clinic is ready, willing, and able to take a bigger bite out of the Winnipeg community with the opening of its new Main St. Dental Centre.

"We've been so popular that we needed the space to grow bigger," explained Chan Dave, the facility's office manager. "We have been in the neighbourhood for three years and we've just grown out of our space."

There are a number of factors behind the clinic's success, Dave explained, including the expertise of its staff. The three primary dentists — Derek Gaudes, Wade Salchert, and Sundeep Patel — have approximately 65 years of experience among them, and that enables the clinic to offer a variety of services.

"Previously we had two chairs, but now we have four," he added. "The Main St. Dental Centre performs fillings, teeth



SHUTTERSTOCK

cleaning, extractions, dentures, crowns, and bridges"

In addition, the Main St. Dental Centre has an in-house lab where it can make and repair dentures, often in the same day.

Dave added that the company's commitment to providing quality dental care to all has served it in good stead. "We are a family dental practice — we take kids and adults and we accept all kinds of patients," he says, adding the clinic will work with insurance companies and provide payment plans in certain cases.



CONTRIBUTED

Introduction to massage offered at Wellington College

Due to popular demand, Wellington College is excited to offer the introduction to massage therapy workshop. The workshop dates are Feb. 21, March 21, May 9 and July 13, 2015 and are being offered at an introductory price of \$99.

The public is welcome to attend and the course is aimed at those who are looking to start a career in massage therapy, as well as those that are interested in personal massage for friends and family.

Workshop topics cover skills and techniques in providing massage in both a sitting and lying down position, and participants will learn skills on massaging the back, neck,

shoulders, head, hands, and feet.

Massage techniques showcased during the workshops include: effleurage, using gliding strokes with the palms, thumb and fingertips, petrissage (an application of kneading movements), friction, which is circular movements applied with the fingers, thumbs or hands and tapotement, a hacking and cupping method of therapeutic massage.

All workshop participants will learn to give and receive a massage and a comprehensive take-home presentation will be provided, along with a certificate of completion by Wellington College. Visit wellingtoncollege.com.

Dental treatments carried out are:

- ✓ X-rays
- ✓ Fillings
- ✓ Root Canals
- ✓ Teeth Removal
- ✓ Dentures
- ✓ Crowns
- ✓ Teeth Whitening
- ✓ Teeth Cleaning

**Open Monday to Friday
10 am to 5.30 pm**

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mainstreetdental@shaw.ca
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Fax: 204-421-9166

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Deb McMillin



CONTRIBUTED IMAGES

City Looks

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(204) 896-3177

City Looks has expanded with wig centre

*Waiting area and fitting
rooms ensure guests' privacy*

For more than 18 years in the heart of Charleswood, City Looks Salon and Spa has had a thriving business. They have now added a Capilia Wig Centre to provide guests with full and partial hair prosthetics (wigs and hair pieces) as a part of their business.

Whether you are looking for a synthetic or human hair wig or hair piece for medical reasons or simply wish to make a fashion statement, City Looks has a wig or topper that is right for you.

**"OUR CAPILIA WIG CENTRE
PROVIDES MUCH-NEEDED
SERVICES TO GUESTS
EXPERIENCING HAIR LOSS
FOR MANY REASONS."**

– Deb McMillin

Deb McMillin, wig specialist, co-owner, and stylist for more than 30 years, has continuously updated her knowledge in new advances in the wig and hair replacement market by travelling to wig conferences as well as personally-driven education.

"We felt a growing need that led us to open a new dimension in our company. Our Capilia Wig Centre provides much-needed services to guests experiencing hair loss for many reasons, whether it is from a medical treatment for cancer, autoimmune diseases, stress related issues, hereditary reasons, or even medications causing hair loss," says McMillin.

For the guest who is struggling with thinning hair, their partial, clip-in hair pieces are the answer toward achieving a full head of hair. As all guests have unique head shapes, McMillin and her staff provide expert custom services that ensure an amazing fit that is perfect for the guest. They will also colour-blend and style a new look to ensure the individual looks their very best.

As privacy is critical to each of City Looks Capilia Wig guests, they offer a private waiting area as well as three elegant, private, fitting and consulting rooms which offer utmost comfort while the guest learns about and selects the perfect hair replacement option.

It is remarkable with the proper hair how beautiful one can feel. City Looks Salon and Spa is reachable at 204-896-3177 and 11-3900 Grant Ave., or online at citylooks.ca.

Broadcast studio

Hockey Night in Canada moves into new digs

The iconic Hockey Night in Canada show is getting an expensive new home.

Rogers Sportsnet unveiled its new \$4.5-million Hockey Central studio on Monday. The flashy, modern studio will make its debut Oct. 8 when the NHL season opens and will anchor Rogers' NHL broadcast package, which includes Hockey Night in Canada.

The studio, located on the 10th floor of the CBC broadcast centre in downtown Toronto, is 1,022 square metres and contains nine separate sets. Features include a rotating anchor desk and a high-resolution monitor measuring 3.3 metres by 11.5 metres.

"Our hosts and commentators gasped when they saw the studio in action for the first time, and we're confident fans will as well," said Gord Cutler, Rogers' senior vice-president of NHL production. "It's cutting edge and allows us to showcase the game in ways never seen before that will keep fans on the edge of their seats."

THE CANADIAN PRESS

Avalanche

McLeod, Stuart sign contract extensions

The Colorado Avalanche signed forward Cody Mc-



Cody McLeod
GETTY IMAGES FILE



Brad Stuart
GETTY IMAGES FILE

Leod and defence-man Brad Stuart to contract extensions Monday.

McLeod's new deal runs through the 2017-18 season, while Stuart's agreement is through 2016-17.

The 30-year-old McLeod has 978

career penalty minutes, which are the most in Avalanche history.

Colorado acquired Stuart on July 1 in a deal with San Jose. **THE ASSOCIATED PRESS**



Jets forward Nikolaj Ehlers, top, and Oilers forward Ryan Nugent-Hopkins crash to the ice during pre-season action at MTS Centre last Wednesday. Ehlers, the Jets' top pick in the spring's draft, is competing for a spot on the team's season-opening roster. **JOHN WOODS/THE CANADIAN PRESS**

Young Jets logging plenty of ice time

Making the cut. Maurice giving Lowry, Ehlers, Morrissey, Petan every chance to show they belong

Some of Winnipeg's young NHL prospects have been getting a lot of ice time during the pre-season but things look to get a little tighter as the week progresses, coach Paul Maurice said Monday.

"Our younger players especially, or those guys that are fighting for spots, now have to do something to get back into the lineup," he said as the team prepared to leave for Edmonton for the first three pre-season games this week.

"There's just not many spots. We've got to get some of our lines and our deep pairings together."

For some young rookies,

The odds

Odds makers are betting that Canada's Stanley Cup drought will extend to 21 seasons. Here are Bodog.ca's odds of the seven Canadian teams winning a championship.

- Canadiens: 18-1
- Canucks: 33-1

- Maple Leafs: 40-1
- Oilers: 50-1
- Senators: 66-1
- Jets: 66-1
- Flames: 75-1

the ride up until now has been pretty sweet.

"It's a good opportunity and I'm pretty excited to keep playing," said Adam Lowry of the St. John's IceCaps, the Jets AHL farm team, who hasn't missed a pre-season game yet.

The six-foot-five forward, who plays both centre and wing, looks about the most comfortable of any of the rookies on the ice, likely because of that last season spent in the AHL.

"Yeah, I think last year was

huge in just allowing me to get comfortable playing the pro game," he said.

Nik Ehlers, Nic Petan and Josh Morrissey also have survived the rookie cuts and are continuing to see plenty of action.

"I'm definitely enjoying it for sure, playing in front of these crowds is amazing," said Ehlers, 18, Winnipeg's first-round pick in the 2014 NHL entry draft.

He admits he's found the learning curve steep.

"Obviously it's really hard here," he said. "I'm progressing pretty good right now from game to game and that's what I wanted, so I'm happy with that."

Winnipeg took on Edmonton on Monday night in the first of its three games this week. Maurice said he expects to keep some veterans out of the lineup.

"There will be two or three veteran guys that just don't need to be out there every night. Toby Enstrom is the kind of guy that probably falls into that category."

Enstrom was on the list of players not in the lineup for Edmonton that also included Bryan Little, Andrew Ladd, Dustin Byfuglien, Evander Kane, Mark Scheifele, Blake Wheeler and Zach Bogosian.

On the injured list, the most serious is likely the eye injury suffered by off-season acquisition TJ Galiardi that required surgery to repair a torn retina. **THE CANADIAN PRESS**

INTERESTED IN A CAREER WITH THE CITY OF WINNIPEG?

The City of Winnipeg Career Symposium will be held on Oct. 7 from noon to 7 p.m. at the RBC Winnipeg Convention Centre, located on the 3rd floor, 375 York Ave. The symposium will feature interactive displays by city departments, including Winnipeg Transit.

Come and learn about the wide range of careers with the City of Winnipeg, and find out more about what it is like to work for the city. The symposium is free of charge and open to everyone. Visit winnipeg.ca for more information on job opportunities at the City of Winnipeg.

Winnipeg Transit will be accepting applications for bus operators at the event. Required documentation to apply includes a resumé, driver's abstract, and a driver safety rating movement form with a plus-one or more. Visit winnipegtransit.com for more information.

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library customer service centre, located at 251 Donald St. (corner of Graham and Donald) is now open. Service hours are Monday to Friday, from 8:30 a.m. to 4:30 p.m.

CONVENIENT DART SERVICE

Dart, the "Dial-A-Ride Transit" service, is for residents living in selected areas of south and southeast Winnipeg. DART buses operate during off-peak hours only and are cellphone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

PARK AND RIDE ... AND RELAX

Simply park your car at a Park and Ride location near you and take the bus to your destination. You will enjoy the convenience and probably save a few bucks in gas while you are at it. Visit winnipegtransit.com for more information about the Park and Ride service.

SAVE SOME GREEN WITH AN ECOPASS

Talk to your human resources rep about getting the EcoPass at your workplace. You and your fellow employees could save from five to 100 per cent on transit. Visit the Winnipeg Transit website for more information.

EcoPass



Get to work on it!

winnipegtransit.com

A's, Royals went all in for this moment

MLB. Marquee starters set to square off in Kansas City with spot in ALDS on the line

The Kansas City Royals made one of the boldest trades in franchise history two years ago. The Oakland Athletics made a similarly aggressive move just a couple of months ago.

The results of both will be in the spotlight Tuesday night.

For the Royals, it's "Big Game James" — James Shields, the centrepiece of a deal with the Tampa Bay Rays that finally pushed the long-downtrodden franchise into the post-season for the first time in 29 years. For the A's, it's Jon Lester — the post-season star of the Red Sox last season who was acquired by Oakland at the trading deadline just for this moment.

The one-game AL wild-card playoff. The winner advances to face the Los Angeles Angels in the best-of-five division series Thursday. Loser goes home.

"I've only been here for two years," Shields said Monday, "but when I got traded over here, I knew the magnitude of what this organization was headed for. And when I got here, walking around the city and talking to the fans and really relishing the 29 years, it's a special moment."

The teams share plenty of similarities: Pop-gun offences backed by strong starting pitching and two of the dominant



Starting pitchers Jon Lester, left, and James Shields were brought onto their respective teams at great cost for situations such as Tuesday night's wild-card playoff game in Kansas City, Mis. LEFT: EZRA SHAW, RIGHT: JAMIE SQUIRE/GETTY

Kansas City's kryptonite?

3-0

Jon Lester went 3-0 with a 2.61 ERA against the Royals this season, winning twice in a span of a couple weeks with Oakland. He also no-hit Kansas City in 2008.

bullpens in baseball.

They also share a significant difference: Oakland has plenty of post-season experience, making it three straight years, while Kansas City has languished near the cellar for decades.

That's the biggest reason

Royals general manager Dayton Moore got Shields and reliever Wade Davis prior to last season, trading soon-to-be AL Rookie of the Year Wil Myers and pitching prospect Jake Odorizzi to Tampa Bay.

Shields has delivered, pitching to a 2.31 ERA this September, and the Royals have won four of his starts in some high-pressure games.

"If you sit back and look at it, it means everything. It was the trade that got us over the hump," Royals manager Ned Yost said. "Would we be in this situation without James Shields and Wade Davis? No. In

my mind, the trade did exactly what we hoped it would do."

A's general manager Billy Beane had been stung by post-season disappointments, and he coveted a horse for high-leverage games.

The move Beane made for Lester on July 31, shipping slugger Yoenis Cespedes to Boston, raised eyebrows around the league. And while the Oakland offence took a hit, Lester has done his part. He is 6-4 with a 2.35 ERA in 11 starts since he arrived in the Bay Area.

Now, he gets another opportunity to pitch in the post-season.

THE ASSOCIATED PRESS



Popping a bottle on pre-season

Houston centre Dwight Howard gets sprayed down during Rockets media day on Monday. Scan the image with your Metro News app to see some of the top media day images from around the NBA on Monday. DAVID J. PHILLIP/THE ASSOCIATED PRESS



NASCAR. Stewart says he never thought of quitting racing since Ward's death

Tony Stewart said Monday he never considered retiring from racing following the death of Kevin Ward Jr.

"This is what I've done all my life," he said. "That would take the life out of me."

The three-time NASCAR champion took 29 questions over 36 minutes at Stewart-Haas Racing, but did not discuss what he remembers about the incident that killed Ward. He has been advised by legal counsel not to discuss it because he still could face a civil lawsuit from Ward's family. THE ASSOCIATED PRESS



Tony Stewart
THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

No matter how hard it may be to master a new technique you will do so eventually, so keep at it and don't give up.

♉ Taurus

April 21 - May 21

Make an effort to tackle routine matters today. Yes, of course, they are boring but if you don't get them out of the way now they will continue to nag at you.

♊ Gemini

May 22 - June 21

Don't stay silent just because you worry you might upset someone who has the power to make life difficult. Chances are they respect your opinions more than you realize.

♋ Cancer

June 22 - July 23

You need to think deeply about important matters today but you also need to keep whatever conclusions you reach to yourself, at least for the time being.

♌ Leo

July 24 - Aug. 23

Why are you worrying so much about what might go wrong when just about everything in your life is going right? Maybe you fear your lucky streak will end. It won't.

♍ Virgo

Aug. 24 - Sept. 23

A complicated and confusing situation will get even more complicated and confusing. So the best thing you can do is focus on something else.

♎ Libra

Sept. 24 - Oct. 23

You know what needs to be done to improve a relationship — so do it. A week from now, a lunar eclipse in your opposite sign will challenge both of you, so make sure the bonds of love are strong.

♏ Scorpio

Oct. 24 - Nov. 22

Don't give up on a new enterprise because it is more difficult than you expected. You know the more you practice something, the easier it becomes, so give it time.

♐ Sagittarius

Nov. 23 - Dec. 21

You may find it hard to put your point of view across today, but that's okay. There is nothing that needs to be said. Read more, talk less!

♑ Capricorn

Dec. 22 - Jan. 20

You are in a serious mood at the moment and may even be searching for the meaning of life. Something right in front of you will answer all those deep questions you have.

♒ Aquarius

Jan. 21 - Feb. 19

You have no end of talent but you need to add patience and hard work to the mix if you expect to be a success.

♓ Pisces

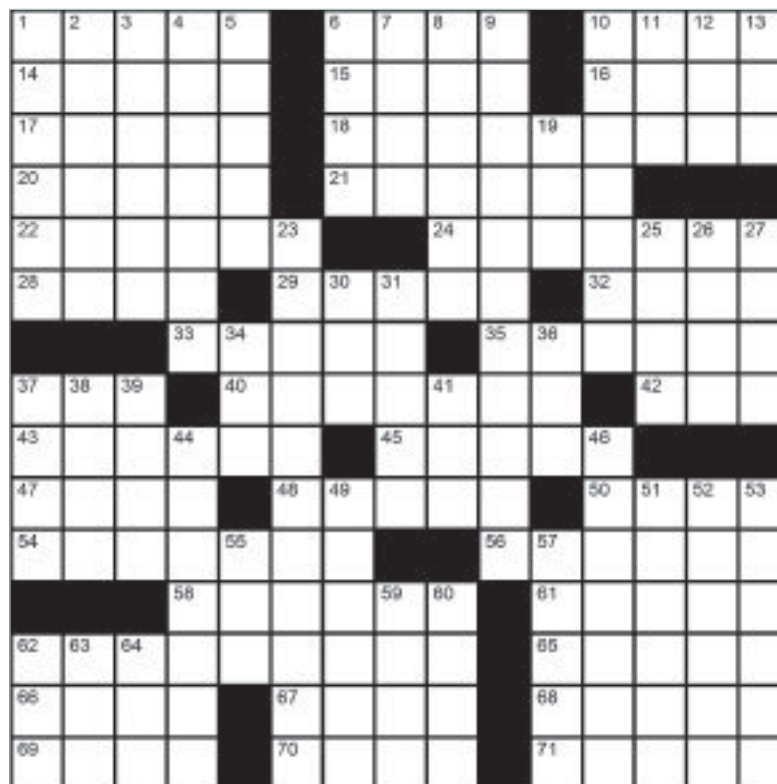
Feb. 20 - March 20

There will be moments today when you wonder if your efforts are truly appreciated but don't let the apparent indifference of friends and loved ones get you down.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Allan __, Republic of Doyle star
6. Intertwine
10. Valerie __ (Officer Wendy Sung on Motive)
14. Literature's T.S.
15. One being conned
16. Customer's slip [abbr.]
17. Aware
18. #10-Down's team, Cleveland __
20. Edible seaweed
21. Red Hot Chili Peppers' Anthony
22. Selects a dish
24. Player listings
28. Arboreal dwelling
29. CEO's 'C'
32. 'Chick' suffix
33. 'Murdered' mythologically
35. Canadian journalist Rinaldo
37. Feline
40. Cdn. actor Will's
42. Mad Men creations, briefly
43. As an assembled abode
45. Gleans
47. 'Air'-meaning prefix
48. Eight member group
50. '80s hit: "(I Just) Died in Your ___"
54. Tuscany's marble city
56. Vowel-friendly



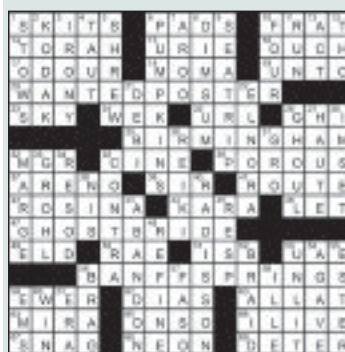
- Ontario village
58. Broccoli bloom
61. Perspective
62. Components of Elvis Presley's look
65. Formally boring
66. Jai's court partner

Down

1. Way to face a problem: 2 wds.
2. Beauty magazine
3. Handles
4. Gone with the Wind undergarments
5. River rollicker
6. Goo
7. Mr. Morales
8. __ weather warning
9. The Queen, in Canada: 3 wds.
10. Canadian basket-

- ball star Thompson
11. Soda cooler
12. Spring month
13. Late-shift times (abbr.)
19. '___' for Labrador
23. Where Mike Myers was born; or, Simon & Garfunkel's 'Fair' song
25. Scandinavian story
26. Cdn. actress Fiona
27. Dates
30. Q. "Is there an '___' #23-Down's answer?" A. "Yes, it's the last letter."
31. Torpid
34. California baseball team [acronym]
36. Cleopatra's snake
37. Politics channel
38. Nevada's __ 51
39. Yukon, e.g.
41. ___ it up (golf)
44. Give up due to a penalty
46. Canonized
49. Sex and the City character
51. Consider
52. Newman/Field's "Absence of ___"
53. Finished as Elvis' blue shoes
55. Nite And Day: 1988 hit for __. Sure!
57. Bob Marley album: '___ Revolution'
59. Mechanical __.
60. Ivan's terrible gig
62. NBA's Kings
63. ___de-France
64. Roseanne hubby

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

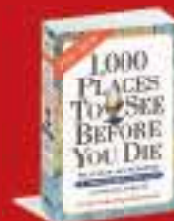
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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GLS model shown^Δ

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IN PRICE ADJUSTMENTS^o

WAS UP TO ~~\$3,500~~
NOW UP TO **\$4,000**
IN PRICE ADJUSTMENTS^o

2014 **HYUNDAI
ELANTRA GT**

HWY: 5.8L/100 KM
CITY: 8.5L/100 KM^{*}



SE w/Tech model shown^Δ



Limited model shown^Δ

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CITY: 11.0L/100 KM^{*}

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CITY: 8.8L/100 KM^{*}



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Dealer Permit # 4423